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URBAN DISTRICT COUNCIL
OF SHERINGHAM



A N N U A L R E P O R T
OF THE
M E D I C A L O F F I C E R O F H E A L T H
AND OF THE
P U B L I C H E A L T H I N S P E C T O R
AND SURVEYOR
FOR
T H E Y E A R 1 9 5 6

THE URBAN DISTRICT COUNCIL OF SHERINGHAM
REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR
THE YEAR 1956



Mr. Chairman, Miss Huntley and Gentlemen,

I have the honour to present the Annual Report of the Medical Officer of Health for the Year ending 31st. December, 1956.

The Post of Medical Officer of Health for Sheringham is combined with that for Cromer and Erpingham, and with the Post of Assistant County Medical Officer for Area No. 2 of the County of Norfolk.

PRINCIPAL NOTES ON THE YEAR.

The estimated population at mid-year was 4,630 as compared with 4,650 in 1955.

The corrected Birth Rate was 19.3 per 1,000 of the estimated population (England and Wales 15.6).

The corrected Death Rate was 10.8 per 1,000 of the estimated population (England and Wales 11.7).

No death occurred from Childbirth or allied conditions.

Only two types of Infectious Disease were notified during the Year.

The number of cases of Tuberculosis on the Register showed little change.

* * * * *

Statistics and Social Conditions of the Area

Area in Acres	929.
Population (Registrar General Estimate, 1956)	4,630.
Number of Inhabited Houses, 1956	1,696.
Total Rateable Value	£71,812.
Product of a Penny Rate	£282.

Social Conditions. The Urban District of Sheringham is situated on the North Coast of Norfolk, facing North. It is bounded by the Sea on the North and by a low range of wooded hills which fall generally for a mile from the South. It adjoins the Erpingham Rural District on three sides, and has on its outskirts such picturesque places as the Roman Camp, Pretty Corner and the village of Upper Sheringham.

During the Summer months visitors in abundance resort to Sheringham for the bracing air, fine sands, golf links and scenery.

The Population is composed of (1) Fishermen, (2) those whose business it is to let rooms, and tradesmen, and (3) a constantly increasing class who resort to Sheringham for its natural beauties, its fine golf links and its bracing air.

VITAL STATISTICS

	Total
Live Births - Legitimate	69
Illegitimate	1
Total	70

The Birth Rate is 15.1 per 1,000 of the estimated population (England and Wales 15.7). 1.4% of Live Births were illegitimate. The corrected Birth Rate is 19.3.

Birth Rates - 1946 - 1956:-

1946 - 20.88	per 1,000 population		
	"	"	"
1947 - 22.17	"	"	"
1948 - 17.9	"	"	"
1949 - 16.3	"	"	"
1950 - 9.9	"	"	"
1951 - 10.6	"	"	"
1952 - 12.6	"	"	"
1953 - 16.5	"	"	"
1954 - 13.7	"	"	"
1955 - 18.1	"	"	"
1956 - 15.1	"	"	"

Maternal Mortality:-

From Sepsis Nil.
From other causes Nil.

Deaths of Infants under 1 Year:- One was reported, in a male legitimate child.

The rate for England and Wales was 23.8 per 1,000 related live births.

The rate for Sheringham was 12 per 1,000 related live births.

DEATHS.

The causes of Death were as follows:-

	Total
Tuberculosis of the Respiratory System	7
Other Tuberculosis	-
Syphilitic Diseases	1
Diphtheria	1
Meningococcal Infections	1
Acute Poliomyitis	1
Measles	1
Other infective and parasitic diseases	1
Whooping Cough	1
Cancer of Stomach	1
Lung and Bronchial Passages	1
Breast	1
Uterus	1
Other malignant and lymphatic growths	7
Leukaemia and Aleukaemia	-
Diabetes	3
Vascular lesions of the Nervous System	6
Coronary Disease and Angina	16
Hypertension with Heart Disease	3
Other Heart Disease	31
Other Circulatory Diseases	2
Influenza	1
Pneumonia	-
Bronchitis	-
Other diseases of the Respiratory System	1
Ulcer of the Stomach and Duodenum	1
Gastritis and Enteritis, and Diarrhoea	-
Nephritis and Nephrosis	7
Hyperplasia of the Prostate	-
Pregnancy, Childbirth and Abortion	-
Congenital Malformations	-
Other diseases, and ill-defined diseases	2
Motor Vehicle Accidents	1
All Other Accidents	2
Suicide	1
Homicide and Operations of War	-
	Total
	78

The Death Rate is 16.6 per 1,000 of the estimated population. Of individual causes of death, Heart Disease accounted for 65%; Cancer for 13%; Vascular Diseases of the Nervous System for 8%, and Respiratory Diseases for 0%. The corrected Death Rate is 10.8.

GENERAL PROVISIONS OF HEALTH SERVICES FOR THE AREA

Public Health Officers to the Local Authority

Medical Officer of Health:-

J. H. F. NORBURY, M.B., B.S. (London)
M.R.C.S., L.R.C.P., D.P.H.

Public Health Inspector and Surveyor:-

Mr. R.H. SERSHALL,

Cert.R.S.I. Meat and Food Inspector.

GENERAL PROVISIONS OF HEALTH SERVICES FOR THE AREA (CONTINUED).

As a result of the National Health Service Act, which came into operation in 1948, Health Services are provided almost entirely by official bodies. There is a limited amount of private practice.

The official bodies are four in number:-

(1) The Norfolk Executive Council.

This provides the General Practitioner, Dental, Pharmaceutical, and Ophthalmic Services.

(2) The Regional Hospital Board.

The Country as a whole has been divided into Regions, and the Regions into areas, for administrative purposes. The Erpingham Rural District lies in the East Anglian Region, and the Cromer area. Cromer and District Hospital is the General Hospital for the area, and provides specialist out-patient clinics for patients from anywhere within the area. The Sanatoria at Kelling, near Holt, are also administered by the Regional Hospital Board, as are the Fletcher Convalescent Home at Cromer, the Longacre Maternity Home at West Runton, and the Hospital Wing of Beckham House. At present Infectious Diseases are treated at East Dereham Isolation Hospital and Norwich Isolation Hospital, distances of some 25 miles from the district..

(3) The County Council.

The County Council provides, through its various departments:-

(a) The School Medical Service.

All schools in the Area are visited at least once during the Year. At these visits a systematic examination of entrants, 5, 8 and 10 Year olds, and leavers, is carried out; arrangements are made for the treatment of defects found. All children previously found to have defects are also examined and any not otherwise due to be examined who appear to require it. Special examinations are made of handicapped children, where necessary in their homes.

Minor Ailment Clinics are held fortnightly at Cromer and Sheringham, to serve these towns and the surrounding districts.

Children not included in a school for any reason are also examined at home.

Examination is also made of children when transport to school is believed necessary on medical grounds.

(b) The Maternity and Child Welfare Service.

An Infant and Welfare Centre is held monthly at Holt and fortnightly at Cromer and Sheringham. Village Centres are held monthly at Banningham, Corpusty, Edgefield, Gresham, Matlaske, Northrepps, Roughton, Southrepps, Triningham and Weybourne.

Immunisation is carried out at all centres. Voluntary centres are held at Aldborough, Mundesley and Giningham.

(c) Health Visiting.

All children under 5 are visited regularly in their homes by the Health Visitor. She also attends the Welfare Centre. Children over 5 come under the supervision of the School Nurse; in Sheringham these duties are combined and are performed by the same person.

(d) Midwifery.

This is performed by the District Nurse-Midwives and the General Practitioner-Obstetricians. In this district the Longacre Maternity Home is available for confinements where domiciliary confinement is considered undesirable.

(e) Home Nursing.

This is carried out by the District Nurse-Midwives under the Norfolk County Nursing Association, who act as agents for the County Council.

(f) Vaccination and Immunisation.

This is carried out by General Practitioners acting for the County Council, and by the Assistant County Medical Officer. In the case of Children, facilities are provided at the Infant Welfare Centres and, in the case of immunisation, at the schools as well.

(g) Ambulance Services.

These are carried out by the Local Ambulance Committee, acting as agents for the County Council.

(h) General Measures for the Prevention of Illness, Care, and After Care, including the Provision of Nursing Equipment.

(i) Home Helps.

(j) Mental Health Services.

(k) General Welfare Services, under the Supervision of the Welfare Officer.

The Welfare Officer visits Sheringham on Tuesday afternoons at 2 p.m., and is available for interview at that time.

(4) The Urban District Council.

The District Council is, as ever, responsible for the control of Infectious Diseases and Environmental Health and Hygiene, acting mainly through the Medical Officer of Health and the Public Health Inspector.

Note:- Laboratory Services are provided at the Public Health Laboratory, Bowthorpe Road, Norwich, by the Ministry of Health.

SANITARY CIRCUMSTANCES OF THE AREA.

1. Water. - The Eastern Gas Board serve water to all the properties within the Urban District by a piped supply. The collecting ground, pumping station and reservoirs are situated in the Sheringham Woods, a situation which is isolated and enclosed approximately half-a-mile South of the town.

The Water is derived:-

- (a) From springs situated within the collecting grounds and stored in reservoirs.
- (b) From two deep wells sunk in chalk - 400 feet deep approximately. The water is pumped into a reservoir at a higher level to supply by gravitation the high-lying parts of the Town.

(i) (a) Quality of Water. - Regular monthly samples of the Company's water as supplied to the Sheringham consumers have been taken by the Council's Public Health Inspector and submitted for bacteriological examination, the result of which has proved the water to be of excellent quality for drinking and domestic purposes.

(b) Quantity of Water. - The quantity of water supplied in the Urban District is sufficient for all purposes during dry weather. The quantity of water obtained from the various springs naturally varies a little during the Summer and dry weather, but the level of the water in the wells varies little however much it is pumped and has never shown signs of failing.

(ii) The Counties Public Health Laboratory carried out monthly bacteriological examinations and half-yearly chemical analysis of the treated water as supplied in this Urban District during the period under review, all of which proved to be of very high standard of purity. Daily tests were also carried out on the Spring and Well waters, both treated and untreated.

(iii) The water supplied within the Urban District is not liable to plumbo-solvent action, as the p.H. Reaction of the water is neutral or on the alkaline side of neutrality. All the water service pipes are laid on in galvanised wrought iron.

(iv) No action has been found necessary in respect of any form of contamination of the water supply.

(v) (a) Number of dwelling-houses supplied direct from public water mains 1,623.
(b) Number of dwelling-houses supplied by means of stand pipes 60.

2. Drainage and Sewerage. - The Urban District is sewered throughout with a system which needs much improvement as it is not capable of dealing with an excessive and sudden rainfall. The outfall is well below ordinary low water mark in the North Sea. A firm of Consulting Engineers have been asked by the Council to prepare a scheme for the improvement of the sewerage system, which has now reached the stage of submission to the Ministry of Health.

3. Rivers and Streams. - Only one stream runs through the Urban District and it has not been necessary to take any action during the period to check pollution.

4. (a) Closet Accommodation. - All houses in the Urban District are fitted with water closets of a modern type. The sewerage system is flushed twice a week in the Summer months, and once a week in the Winter months. The dead-ends of the sewers are flushed by fixed flushing tanks.

(b) Public Cleansing. - Dust-bins are emptied once weekly by the Council's two motor refuse collection vehicles. Twice weekly refuse collection is made during the Summer months from boarding houses and hotels. House refuse is disposed of by the method of controlled tipping on a site on the outskirts of the District. Street gulleys are cleansed by contract four times in each Year.

(c) Schools. - The Schools are of a modern type, the water supply and sanitary conditions being quite satisfactory. In cases of notifiable infectious diseases, the schools are at once visited by the Medical Officer of Health, the scholars inspected, and endeavour made to exclude infective children.

(d) Premises and Occupations Controlled by Byelaws. - There is no Common Lodging House or Offensive Trade in the Urban District.

SANITARY INSPECTION OF THE AREA

Report of Public Health Inspector and Surveyor.

(a) Inspections and Visits. The following inspections and visits have been carried out during the Year:-

Inspections for housing defects and re-visits....	31.
Sanitary routine inspections and re-visits.....	121.
Visits to Slaughterhouse and meat inspection....	131.
Food premises and food inspection.....	23.
Milk and Dairy premises inspections.....	9.
Factory inspections.....	11.
Inspection of dirty premises and re-visits....	15.
Drainage inspections and re-visits.....	29.
Drain tests.....	11.
Council property inspections and re-visits.....	27.
Requisitioned property inspections.....	9.
Rat destruction inspections and re-visits.....	284.
Miscellaneous visits.....	141.

(b) Action taken in consequence of inspections:-

Informal Notices served.....	28.
Statutory Notices served under the Public Health Act, 1936.....	3.

(c) Result of action taken in consequence of Notices served:-

Defects remedied by Informal Notices.....	25.
" " " Statutory Notices.....	3.
" " " Legal Proceedings.....	Nil.

(d) Summary of work carried out as a result of formal and informal action:-

Defective drains renewed.....	7.
Drains unblocked and cleansed.....	9.
Flushing apparatus provided to water closets or repaired.....	3.
Trapped gullies provided.....	5.
Water closet pedestals renewed.....	2.
" " " seats renewed.....	2.
Sinks renewed.....	2.
Sink Waste pipes renewed and trapped.....	3.
Washing Copper repaired.....	1.
Water service pipes repaired.....	2.
Roofs repaired.....	7.
Chimney stacks repaired or rebuilt.....	3.
Eaves gutters repaired or renewed.....	3.
Rain water downpipes repaired or renewed.....	3.
Windows repaired.....	14.
Doors repaired or renewed.....	7.
Wall plaster repaired.....	11.
Ceiling plaster repaired.....	9.
Staircases repaired.....	1.
Firegrates repair or renewed.....	12.
Floors repaired or renewed.....	6.
Sub-floor ventilation provided.....	3.
Water closets rebuilt.....	2.
Damp walls repaired and treated.....	19.
Dirty premises cleansed.....	6.
Deposits of refuse removed.....	2.
Dustbins provided.....	7.

(e) Number of inspections and visits in connection with the duties of Surveyor:-

Number of Building Plans submitted for approval.....	23.
" " " approved.....	23.
" " " disapproved or withdrawn.....	Nil.
Visits in connection with inspections of foundations.....	17
" " " inspection of damp course.....	16.
" " " building inspection.....	62.
Number of drain tests carried out in new buildings.....	11.
Number of new houses erected during the Year:-	
By the Local Authority.....	12 Flats.
By Other Persons.....	7.
Conversion of premises into family units.....	6.

The under-mentioned salvaged materials have been collected during the period under review giving an income of £64. 18. 7., namely:-

Paper	6 Tons 6 Cwts.
Rags	7½ Cwts.
Iron	5 Cwts.

(f) Shops. No action under this heading has been found necessary.

(g) Camping Sites. There are no camping sites in the Urban District.

(h) Smoke Abatement. No action under this heading has been found necessary.

(i) Swimming Baths and Pools. There are no privately owned or other swimming baths open to the public in the Urban District.

(j) Eradication of Bed Bugs. No action under this heading has been found necessary.

Inspection and Supervision of Food

(a) Milk Supply. - There are no milk producers or cowkeepers within the Urban District.

Number of retail milk purveyors	2.
Number of Dealers Licences to use the special designation "Tuberculin Tested" milk.				2.
Number of Pasteuriser's Licences by County Council	1.

Water. - Samples of water as supplied by the Eastern Gas Board to the consumers within this Urban District have been taken and all samples proved to be highly satisfactory.

Milk. - Sixty-seven samples of Pasteurised milk have been taken by the Norfolk County Medical Officer's Department from the Sheringham premises of East Coast Dairies Ltd., and all but two satisfied the prescribed tests.

(b) Adulteration, Chemical and Bacteriological Examination of Food. - The appropriate Authority under this heading is the Norfolk County Council.

(c) Nutrition. - No special work in the dissemination of knowledge on this subject has been considered necessary.

(d) Shellfish. - No shellfish beds exist within the area of the Urban District.

(e) Inspection of Meat and Other Foods.

There are eight butchers' shops within the Urban District.

After the work of improvement to the buildings and drainage had been completed, a Slaughterhouse Licence was granted by the Council on the 7th. July, 1954, to Mr. G. Youngs, Butcher, of Church Street, Sheringham, to use the Hasting's Lane Slaughterhouse, Sheringham, for the slaughtering of food animals for local consumption.

A statement follows of the number of animals slaughtered, inspected, and condemned in whole or part:-

Carcasses and Offal inspected and condemned in whole or in part.

	Cattle Excluding Cows	Cows	Calves	Sheep & Lambs	Pigs	Horses
Number killed (if known)	133	70	11	-	64	-
Number inspected	133	70	11	-	64	-
All diseases except <u>Tuberculosis &</u> <u>Cysticerci</u>						
Whole carcases condemned	-	-	-	-	-	-
Carcases of which some part or organ was condemned	21	-	-	-	-	-
Percentage of the number inspected affected with disease other than tuberculosis and cysticerci	15.79	-	-	-	-	-
<u>Tuberculosis only:-</u>						
Whole carcases condemned	2	-	-	-	-	-
Carcases of which some part or organ was condemned	16	-	-	-	-	-
Percentage of the number inspected affected with tuberculosis	13.53	-	-	-	-	-
<u>Cysticercosis</u>						
Carcases of which some part or organ was condemned	-	-	-	-	-	-
Carcases submitted to treatment by refrigeration	-	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-	-

The undermentioned foodstuffs have been condemned as unfit for human consumption during the Year, namely:-

Animal Carcasses and Organs due to Tuberculosis	14 Cwts.
" " " " " other diseases	2½ Cwts.
Tinned Meat	22 lbs..
Fish	14 lbs.
Fish Cakes	5½ lbs.
Sweets	5 lbs.

INFECTIOUS DISEASES.

The following table gives the notifications of Infectious Diseases:-

<u>Disease</u>	
Measles	6
Aacute Poliomyelitis	1
Total	7

The very small total of Infectious Diseases occurred again. It is now nearly four Years since anything that can be described as an epidemic occurred; namely the 50 cases of Measles that were reported early in 1958.

Your Medical Officer of Health regards this with immense satisfaction. There will undoubtedly be a Measles epidemic again before long, but the four Years interval represents a gain all round, since the children affected will have that much more ability to withstand the infection.

The Poliomyelitis case occurred in a privately run Institution, and was followed by a further one early in 1957. The meticulous care exercised by the staff was highly commendable. I was grateful for the help of the County Medical Officer, who was very much alive to the dangers of the situation. The Town of Sheringham was not at risk except in the early stages, owing to the maintenance of very strict isolation. The Institution itself kept excellent morale, and emerged after six week's of anxiety with much less damage than had originally seemed likely.

TUBERCULOSIS.

No new cases of Tuberculosis were notified during the Year. This gives a case-rate of 0.0 per thousand of the population.

No case of Non-pulmonary Tuberculosis was reported.

No death occurred from Tuberculosis during the Year.

Two cases of Pulmonary Tuberculosis from elsewhere came to live in the district.

The number of cases on the Register at the end of the Year was:-

	<u>Pulmonary</u>	<u>Non-pulmonary</u>	<u>Total</u>
Male	15	-	15
Female	20	3	23
Total	35	3	38

The comparable figures for the County of Norfolk are:-

Case-rate 0.5, and Death Rate 0.06, for all forms of Tuberculosis, per thousand of the population.

National Assistance Act, 1948, Section 47.

As usual a considerable number of cases were brought to my notice of sick and elderly persons requiring more care and attention than could be provided for them at home. It has rarely been necessary to make use of this Act and Section which empowers this Council to authorise compulsory removal to hospital and it has usually been possible, acting in conjunction with the County Council Welfare Officer, to avoid legal proceedings. The time and labour expended in this connection appears to be well worth while.

Anthrax.

The occurrence of anthrax in animals in the district is reported to the Medical Officer of Health. No cases were confirmed during 1956.

Vaccinations.

The following vaccinations were carried out in Area No.2 during 1956:-

Area No.2 - (Erpingham R.D. Croner U.D. Sheringham U.D.)

Vaccination against Smallpox - 1956.

Age at 31.12.56.	Under 1	1	2	3	4	5-14	15 & Over	Total
Primary	227	18	7	8	4	8	27	299
Re-vaccination	1	1	-	2	-	14	78	96

POLIOMYELITIS VACCINATION 1956

Number of Children registered for Vaccinations

Born in Year	1947	1948	1949	1950	1951	1952	1953	1954	Total
Male	114	105	100	97	41	32	26	22	537
Female	104	102	105	70	35	40	38	21	515

Croner U.D. = 122. Sheringham U.D.= 107. Erpingham R.D.= 823.

POLIOMYELITIS VACCINATION 1956

Children in specified age groups who received full course
of two injections.

Born in Year	1947	1948	1949	1950	1951	1952	1953	1954	Total
Male	4	7	8	12	6	7	4	-	48
Female	10	6	5	3	3	4	6	3	40

Croner U.D. = 10

Sheringham U.D. = 6

Erpingham R.D. = 72

DIPHTHERIA IMMUNISATION 1956

Age at 31.12.56 i.e. born in Year	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Total
	1956	1955	1954	1953	1952	1951	1950	1949	1948	1947	1946	1945	1944	1943	1942	under 15
<u>Immunised between</u>																
1952 - 1956																
	Primary	44	232	262	333	324	222	37	18	23	106	88	74	71	60	77
	Booster	-	-	-	2	2	6	41	131	169	281	175	123	140	132	147
	Primary	-	-	-	-	-	20	205	312	283	268	194	136	102	71	76
	Booster	-	-	-	-	-	-	-	-	-	3	100	96	104	105	104
Total immunised between	Primary	44	232	262	333	324	242	242	330	306	374	282	210	173	131	153
1942 - 1956	Booster	-	-	-	2	2	6	41	131	169	284	275	219	244	237	251

REPORT ON THE ADMINISTRATION OF THE FACTORIES ACT, 1937.

Inspections for the purpose of provisions as to health, including inspections made by the Public Health Inspector:-

<u>Premises</u>	<u>Inspections</u>	<u>Number of written notices</u>	<u>Occupiers Prosecuted</u>
Factories with mechanical power	7	1	-
Factories without mechanical power	4	-	-
Other premises under the Act	-	-	-
Total	11	1	-

Defects found

	<u>Found</u>	<u>Number of Defects</u>		
		<u>Remedied</u>	<u>Referred to H.M. Inspector</u>	<u>Number of defects in respect of which prosecutions were instituted.</u>
Want of Cleanliness	-	-	-	-
Inadequate ventilation	-	-	-	-
Sanitary Conveniences	1	-	-	-
Unsuitable Defective Not separate sexes	-	-	-	-
Other Offences	-	-	-	-
Total	1	-	-	-

In conclusion, I wish to thank your Public Health Inspector, Mr. R.H. Sershall, for his valuable assistance in the preparation of this Report.

I am, Mr. Chairman, Miss Huntley and Gentlemen,
Your obedient Servant,

J. H. F. NORBURY,
M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.

Medical Officer of Health.

